

1 CLAIMS

2 I claim:

3 1. A protective disk, adapted for use with a dumbbell having a bar with weights at opposite
4 ends, said disk comprising:

5 (a) an outer surface adapted to bear against the dumbbell weights;

6 (b) a convex inner surface; and

7 said disk defining a hole through said outer and inner surfaces adapted to
8 receive the dumbbell bar.

9 2. The protective disk of claim 1 wherein said outer surface is substantially planar.

10 3. The protective disk of claim 1 wherein said convex inner surface has a radius in the
11 range of 5 to 8 inches and said disk has thickness of no more than 1.5 inches.

12 4. The protective disk of claim 1 wherein said disk further defines a slot connecting said
13 hole to the outer edge of said disk.

14 5. The protective disk of claim 4 wherein said slot has a width no more than one half the
15 diameter of said hole.

16 6. The protective disk of claim 1 wherein said outer surface comprises alternating ribs and
17 gaps extending radially from said hole.

18 7. The protective disk of claim 1 wherein said disk further defines a cavity, concentric with
19 and larger than said hole, extending from said outer surface at least partially through
20 said disk.

21 8. A protective disk, adapted for use with a dumbbell having a bar with weights at opposite
22 ends, said disk comprising:

23 (a) a substantially planar outer surface adapted to bear against the dumbbell weights;

24 (b) a convex inner surface;

1 said disk having a central axis perpendicular to both said outer and inner surface
2 and an outer rim; and

3 said disk defining a hole, concentric with said central axis and extending
4 completely through said disk, adapted to receive the dumbbell bar and a slot connecting
5 said hole to said outer rim.

6 9. The protective disk of claim 8 wherein said disk further defines a cavity, concentric with
7 and larger than said hole, extending from said outer surface partially through said disk.

8 10. The protective disk of claim 9 wherein said outer surface comprises alternating ribs and
9 gaps extending radially from said hole.

10 11. The protective disk of claim 10 wherein said convex inner surface has a radius in the
11 range of 5 to 8 inches and said disk has thickness of no more than 1.5 inches.

12 12. The protective disk of claim 11 wherein said inner surface is textured for improved grip.